

Swimming

Fall Swimming

The City of Huntington Beach is pleased to offer a complete Fall swim program. Our program is designed to meet a variety of swimming needs. Whether it is learning new swimming techniques, or recreational enjoyment of the water, we have something for everybody.

Our swim instructors are well trained and enthusiastic. The swim courses follow the American Red Cross standards. Classes are offered to ages six months through adult and teach skills from water adjustment through lifeguarding techniques. All classes, except Lap Swim, are held at the City Gym and Pool located at 1600 Palm Ave. Classes consist of ten lessons unless otherwise specified.

Fee: All Classes are \$45 per 10 class session unless otherwise noted.
No class Nov. 11, 25.

SWIM LEVELS

Parent/Child (P&M): 6 months-3 years. Promotes comfort, safety and enjoyment in and around the water. One adult per child.

Tiny Tot (TT): 3, 4, and 5 years. Introduces swimming and water safety skills to children of preschool ages.

Level 1 (L1): Water Exploration: Ages 6 and up. Builds confidence and develops safety skills in and around the water for children with little or no prior swim instruction.

Level 2 (L2): Primary Skills: Ages 6 and up. Students are introduced to the front and back crawl.

Level 3 (L3): Stroke Readiness: Must hold Level 2 certificate or have equivalent skills. Students refine the front crawl and the back crawl and are introduced to the butterfly-kick.

Level 4 (L4): Stroke Development: Must hold Level 3 certificate or have equivalent skills. Students will be introduced to the breaststroke, elementary backstroke, and butterfly.

Level 5 (L5): Stroke Refinement: Must hold Level 5 certificate or have equivalent skills. Students will improve performance in all strokes and will learn competitive techniques.

Exceptional Swim: Designed to allow participants with any disability. This is supervised, non-instructional swim time.

Adult Lessons: Adults will improve swimming skills and learn new skills.

Adapted Swim Lessons: Swim lessons for all special needs children ages 3-22. All abilities and behaviors welcome! Water temperature averages 90 degrees and experienced staff will guide your students through water movement. Parent/Student interview required for new students. No class Nov. 11, 23, 25.

Swim Level Testing

Have your child tested for swim level placement. Please call the City Gym and Pool at 714-960-8884 to schedule an appointment during these hours:

Monday, August 16	7-8pm
Wednesday, August 11	7-8pm

Senior Citizen Swim

The senior citizens have a special afternoon all to themselves at the City Pool. Come and enjoy a heated pool.

City Gym Pool	3:30-5pm	F	\$2
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Lap Swim

The City of Huntington Beach is excited to offer an opportunity to participate in the most effective, enjoyable exercise known to mankind! Swimming for fitness will revitalize your cardiovascular system while paring inches and pounds from your waistline. A \$50 20-visit punch pass may be purchased at the City Gym.

Huntington Beach High School

6:00am-8:00am	M W
	\$3 + \$2 requested facility donation
6:30-8:00pm	T TH
	\$3 + \$2 requested facility donation

Swimming

FALL SWIM CLASS SCHEDULE

Fees: \$45 per 10-class session unless otherwise noted.

All classes held at City Gym and Pool, 1600 Palm Ave.

All lessons are one-half hour.

Time	Mon/Wed 9/13-10/13	Tues/Thurs 9/14-10/14	Mon/Wed 10/25-11/24	Tues/Thurs 10/26-12/2	Friday	Saturday 9/18-11/20
8:00						8502.405 L1
8:30						8501.435 TT
9:00						8501.436 TT
9:30	8501.401 TT	8501.409 TT	8501.418 TT	8501.426 TT		8501.437 TT
10:00	8501.402 TT	8501.410 TT	8501.419 TT	8501.427 TT		8500.407 PM
10:30	8500.401 PM	8500.402 PM	8500.404 PM	8500.405 PM		8501.438 TT
11:00	8501.403 TT	8501.411 TT	8501.420 TT	8501.428 TT		8500.408 PM
11:30	8501.404 TT	8501.412 TT	8501.421 TT	8501.429 TT		8501.439 TT
12:00		8501.413 TT		8501.430 TT		8503.407 L2
12:30						8504.403 L3 8505.403 L4
2:00	8501.405 TT	8501.414 TT	8501.422 TT	8501.431 TT		
2:30	8501.406 TT	8501.415 TT	8501.423 TT	8501.432 TT		
3:00	8501.407 TT	8501.416 TT	8501.424 TT	8501.433 TT		
3:30	8502.401 L1	8502.402 L1	8502.403 L1	8502.404 L1	Senior Swim 3:30-5pm Cost: \$2	
4:00	8503.401 L2	8503.403 L2	8503.404 L2	8503.406 L2		
4:30	8503.402 L2	8504.401 L3	8503.405 L2	8504.402 L3		
5:00		8505.401 L4		8505.402 L4		
5:30		8500.403 PM		8500.406 PM		
6:00		8506.401 Adapted Swim \$150		8506.403 Adapted Swim \$150		
6:30	8501.408 TT	8506.402 Adapted Swim \$150	8501.425 TT	8506.404 Adapted Swim \$150		
7:00		8501.417 TT		8501.434 TT		
7:00-8:00	Recreation Swim \$2		Recreation Swim \$2			
7:30		8507.401 Exceptional Swim \$18		8507.402 Exceptional Swim \$18		
8:00	Adult Fitness \$2	8508.401 Adult Lessons	Adult Fitness \$2	8508.402 Adult Lessons		